

Under the Sea Chowder

Makes: 28 or 56 Servings

This soup is a great way to use up leftover vegetables, fish, or even chicken.

28 Servings

56 Servings

Ingredients	Weight	Measure	Weight	Measure
Margarine, soft, trans-fat-free		1/4 cup		1/2 cup
Celery, chopped		4 cups		8 cups
Red bell pepper, chopped		2 cups		4 cups
Chicken or vegetable broth, canned		4 cups		8 cups
Potatoes, Russet, diced		4 cups		8 cups
Paprika		1/4 tsp		1/2 tsp
Black pepper		1 tsp		2 tsp
Bay leaf		2		4
1% (low-fat) milk		10 cups		20 cups

Nutrition Information

Nutrients	Amount
Calories	154
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	29 mg
Sodium	344 mg
Total Carbohydrate	14 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Corn, frozen		4 cups		6 cups
Fish fillets, fresh or frozen	4 lbs		8 lbs	

Directions

1. In a large skillet, heat margarine over medium-high heat. Add celery and bell pepper and cook until soft, about three minutes.
2. While vegetables are cooking, put potatoes in the slow cooker.
3. Add vegetables to potatoes, but do not mix. Add broth, bay leaf, paprika, and black pepper.
4. Stir top layer of vegetables, but leave potatoes submerged below. Cover and cook on low for 5-6 hours.
5. Add milk and fish. Stir. Cover and cook on high for about 1 hour.

Source: Improving Nutrition and Physical Activity Quality in Delaware Child Care